REFERENCES

Adamson, P. C., Krupp, K., Freeman, A. H., Klausner, J. D., Reingold, A. L., &Madhivanan, P. (2011). Prevalence & correlates of primary infertility among young women in Mysore, India. *The Indian journal of medical research*, *134*(4), 440.

AshibaDollin, ReetaJebakumari Solomon. Effectiveness of Progressive Muscle Relaxation on Stress among Women with Infertility. Int. J. Nur. Edu. and Research. 2018; 6(4):363-366.

Awtani, M., Mathur, K., Shah, S., & Banker, M. (2017). Infertility stress in couples undergoing intrauterine insemination and in vitro fertilization treatments. *Journal of human reproductive sciences*, *10*(3), 221.

Bavazin, F., &Vieskarami, H. (2018). The Effect of Relaxation Techniques on the Reduction of Stress, Sexual Anxiety, Communication Concerns, and Social Concerns in Females with Infertility.

Boivin, J., Bunting, L., Collins, J. A., &Nygren, K. G. (2007). International estimates of infertility prevalence and treatment-seeking: potential need and demand for infertility medical care. *Human reproduction*, *22*(6), 1506-1512.

Bovin, J and Schmidt, L., (2005).”Infertility-related stress in men and women predicts treatment outcome 1 year later,” **Fertility andsterility**, 83 (6), 1745-1752.

Bushnik, T., Cook, J. L., Yuzpe, A. A., Tough, S., & Collins, J. (2012). Estimating the prevalence of infertility in Canada. *Human reproduction*, *27*(3), 738-746.

Conrad, A., & Roth, W. T. (2007). Muscle relaxation therapy for anxiety disorders: It works but how?. *Journal of anxiety disorders*, *21*(3), 243-264.

Domar, A. D., Clapp, D., Slawsby, E. A., Dusek, J., Kessel, B., &Freizinger, M. (2000). Impact of group psychological interventions on pregnancy rates in infertile women. *Fertility and sterility*, *73*(4), 805-811.

Domar, A. D., Seibel, M. M., & Benson, H. (1990). The mind/body program for infertility: a new behavioral treatment approach for women with infertility. *Fertility and sterility*, *53*(2), 246-249

Gdańska, P., Drozdowicz-Jastrzębska, E., Grzechocińska, B., Radziwon-Zaleska, M., Węgrzyn, P., &Wielgoś, M. (2017). Anxiety and depression in women undergoing infertility treatment. *Ginekologiapolska*, *88*(2), 109-112.

Hajela, S., Prasad, S., Kumaran, A., & Kumar, Y. (2016). Stress and infertility: A review. *International Journal of Reproduction, Contraception, Obstetrics and Gynecology*, *5*(4), 941.

Hasanzadeh, L. M., Tarkhan, M., & TAGHIZADEH, M. E. (2013). Effectiveness of stress inoculation training on perceived stress in pregnant women with infertility.

Heidari, P., Latifnejad, R., Sahebi, A., Jahaniyan, M., &Mazloum, S. R. (2002). Impact of cognitive behaviour therapy on anxiety level of primary infertile women undergoing IUI. *Journal of Reproduction & Infertility*, *3*(3).

Inhorn, M. C. (2003). Global infertility and the globalization of new reproductive technologies: illustrations from Egypt. *Social science & medicine*, *56*(9), 1837-1851.

Jorm, A. F., Morgan, A. J., &Hetrick, S. E. (2008). Relaxation for depression. *Cochrane Database of Systematic Reviews*, (4).

Katon, J., Cypel, Y., Raza, M., Zephyrin, L., Reiber, G., Yano, E. M., ...&Schneiderman, A. (2014). Self-reported infertility among male and female veterans serving during Operation Enduring Freedom/Operation Iraqi Freedom. *Journal of Women's Health*, *23*(2), 175-183.

Kumar, D. (2007). Prevalence of female infertility and its socio-economic factors in tribal communities of Central India. *Rural Remote Health*, *7*(2), 456.

Matsubayashi, H., (2001).”Increased depression and anxiety in infertile Japanese women resulting stress”, **General hospitalpsychiatry**, 26(5), 398-404.

Oddens, B. J., den Tonkelaar, I., &Nieuwenhuyse, H. (1999). Psychosocial experiences in women facing fertility problems—a comparative survey. *Human reproduction*, *14*(1), 255-261.

Ozkan, M et. al., (2006).”Emotional distress of infertile women in turkey”, **Clinical experimental obstetrics and gynaecology**, 33 (1), 44-46.

Parle J et al. Int J ReprodContraceptObstet Gynecol. 2018 Aug;7(8):3029-3033

Patel, A., Sharma, P. S. V. N., Kumar, P., &Binu, V. S. (2018). Illness cognitions, anxiety, and depression in men and women undergoing fertility treatments: A dyadic approach. *Journal of human reproductive sciences*, *11*(2), 180.

Patel, A., Sharma, P. S. V. N., Kumar, P., &Binu, V. S. (2018). Sociocultural determinants of infertility stress in patients undergoing fertility treatments. *Journal of human reproductive sciences*, *11*(2), 172.

Patel, A., Sharma, P. S. V. N., Narayan, P., Binu, V. S., Dinesh, N., &Pai, P. J. (2016). Prevalence and predictors of infertility-specific stress in women diagnosed with primary infertility: A clinic-based study. *Journal of human reproductive sciences*, *9*(1), 28.

Paula, A. A. D. D., Carvalho, E. C. D., & Santos, C. B. D. (2002). The use of the" progressive muscle relaxation" technique for pain relief in gynecology and obstetrics. *Revistalatino-americana de enfermagem*, *10*(5), 654-659.

Petraglia, F., Serour, G. I., &Chapron, C. (2013). The changing prevalence of infertility. *International Journal of Gynecology& Obstetrics*, *123*, S4-S8.

Pilliteri, A. (2003). Maternal and child health nursing. *Philadelphia: Lippincott*.

Ramezanzadeh, F et. al., (2004)" A survey of relationship between anxiety depression and duration of infertility",**BMCwomenhealth**(4:9)

Ramezanzadeh, F., Noorbala, A. A., Abedinia, N., Forooshani, A. R., &Naghizadeh, M. M. (2011). Psychiatric intervention improved pregnancy rates in infertile couples. *The Malaysian journal of medical sciences: MJMS*, *18*(1), 16.

RasoulzadehBidgoli, M., &LatifnejadRoudsari, R. (2018). The effect of the collaborative infertility counseling model on coping strategies in infertile women undergoing in vitro fertilization: A randomized controlled trial. *International Journal of Women's Health and Reproduction Sciences*, *6*(1), 47-54.

Redshaw, M et. al., (2007)."A qualitative study of the experience oftreatment for infertility among women who successfully became pregnant", **Human reproduction**, 22 (1), 295-304.

Rooney, K. L., &Domar, A. D. (2018). The relationship between stress and infertility. *Dialogues in clinical neuroscience*, *20*(1), 41.

Roudsari, R. L., &Bidgoli, M. R. (2017). The effect of collaborative infertility counseling on marital satisfaction in infertile women undergoing in vitro fertilization: a randomized controlled trial. *NURSING AND MIDWIFERY STUDIES*, *6*(2).

Seshagiri, P. B. (2001). Molecular insights into the causes of male infertility. *Journal of biosciences*, *26*(4), 429-435.

Smith, C. A., Ussher, J. M., Perz, J., Carmady, B., & de Lacey, S. (2011). The effect of acupuncture on psychosocial outcomes for women experiencing infertility: a pilot randomized controlled trial. *The Journal of Alternative and Complementary Medicine*, *17*(10), 923-930.

Sreshthaputra O, Sreshthaputra R, Vutyavanich T. Gender differences in infertility-related stress and the relationship between stress and social support in Thai infertile couples. J Med Assoc Thai. 2008;91:1769–73.

Valiani, M., Abediyan, S., Ahmadi, S. M., Pahlavanzadeh, S., &Hassanzadeh, A. (2010). The effect of relaxation techniques to ease the stress in infertile women. *Iranian journal of nursing and midwifery research*, *15*(4), 259.

Yektatalab, S., Parsa, N. M., &Jahanmiri, S. (2003). The effect of group psychotherapy on anxious and depressed in fertile women.

Yildirim, Y. K., &Fadiloglu, C. (2006). The effect of progressive muscle relaxation training on anxiety levels and quality of life in dialysis patients. *Edtna-Erca Journal*, *32*(2), 86-88.

Yusuf, L. (2016). Depression, anxiety and stress among female patients of infertility; A case control study. *Pakistan journal of medical sciences*, *32*(6), 1340.

Ziv, N., Rotem, T., Arnon, Z., &Haimov, I. (2008). The effect of music relaxation versus progressive muscular relaxation on insomnia in older people and their relationship to personality traits. *Journal of music therapy*, *45*(3), 360-380.